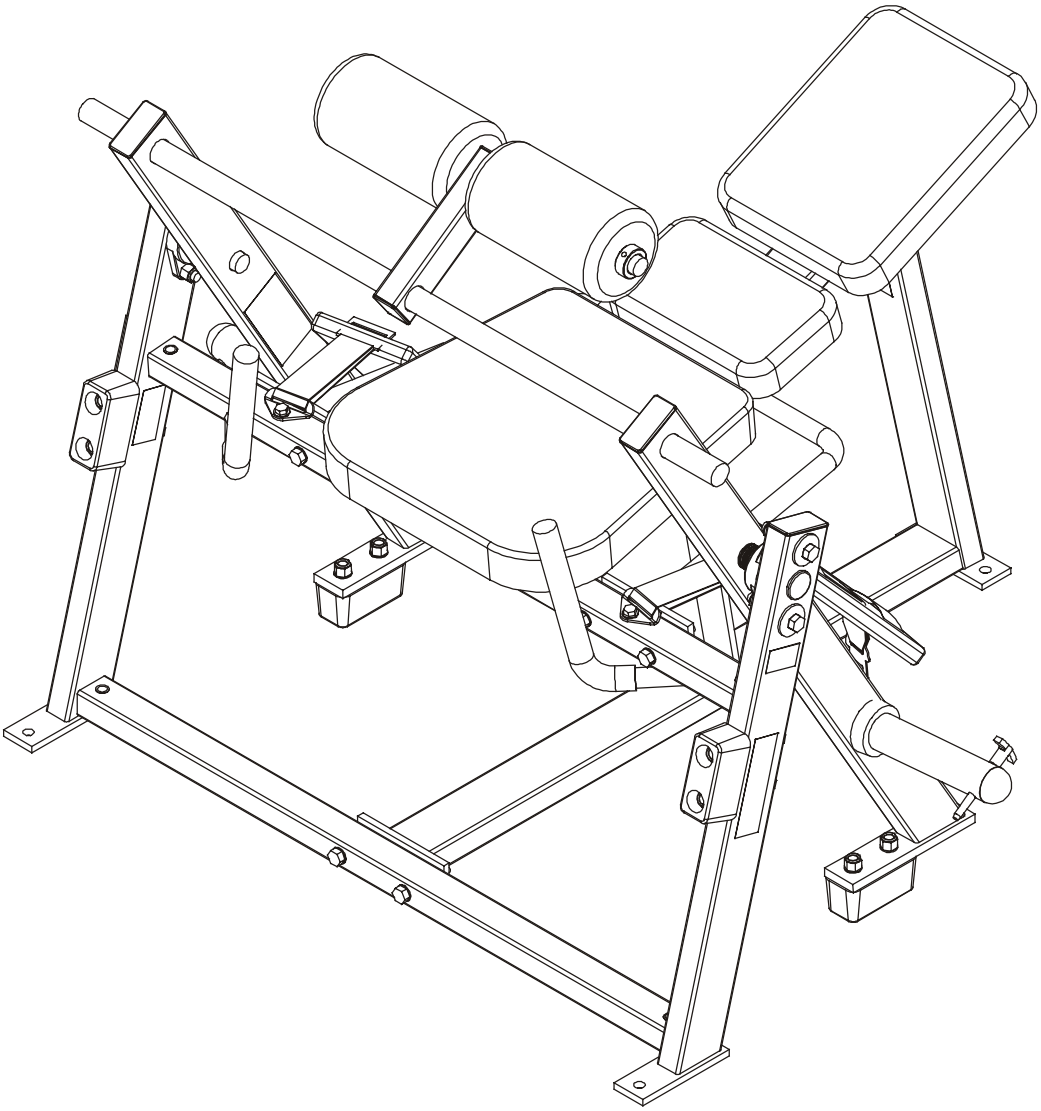
LifeFitness

HAMMER STRENGTH
PLATE LOADED HIP & GLUTE



Customer Support Services
PARTS MANUAL

PLHB - PLATE LOADED HIP AND GLUTE

Notes:

PLHB - PLATE LOADED HIP AND GLUTE

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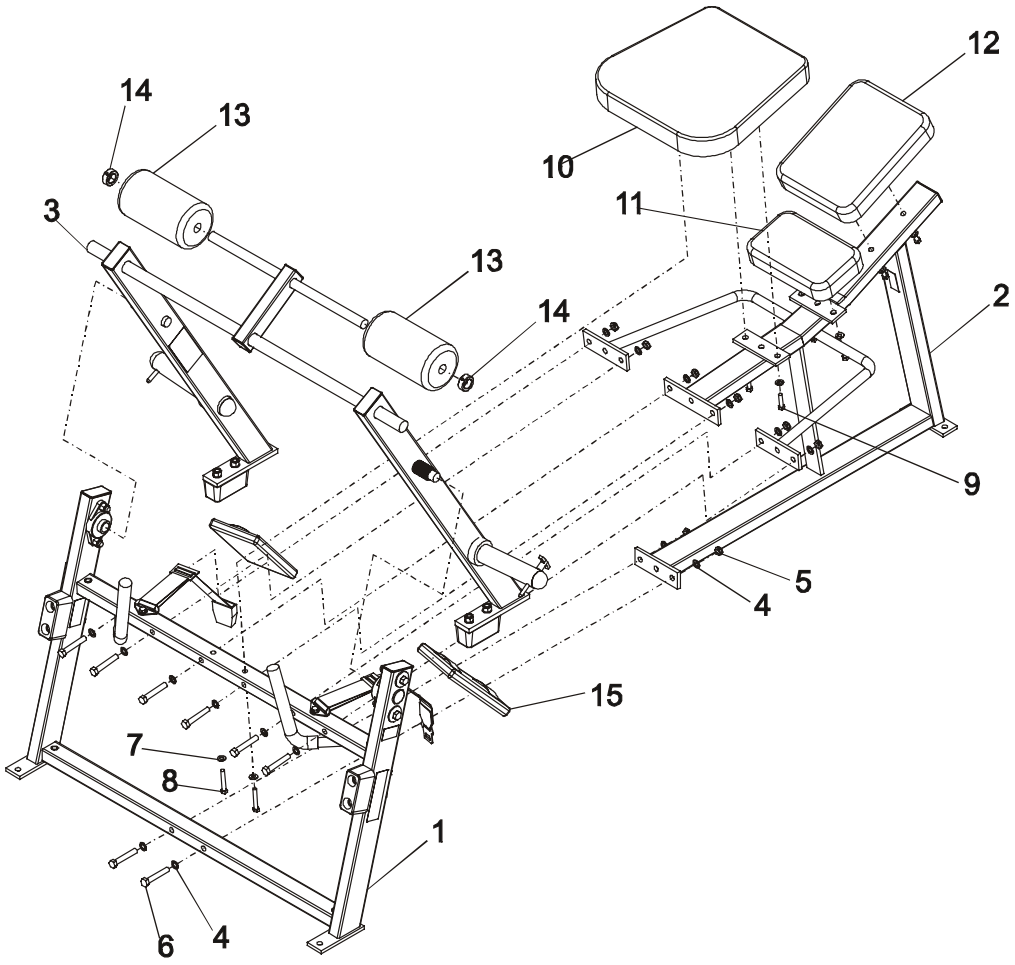
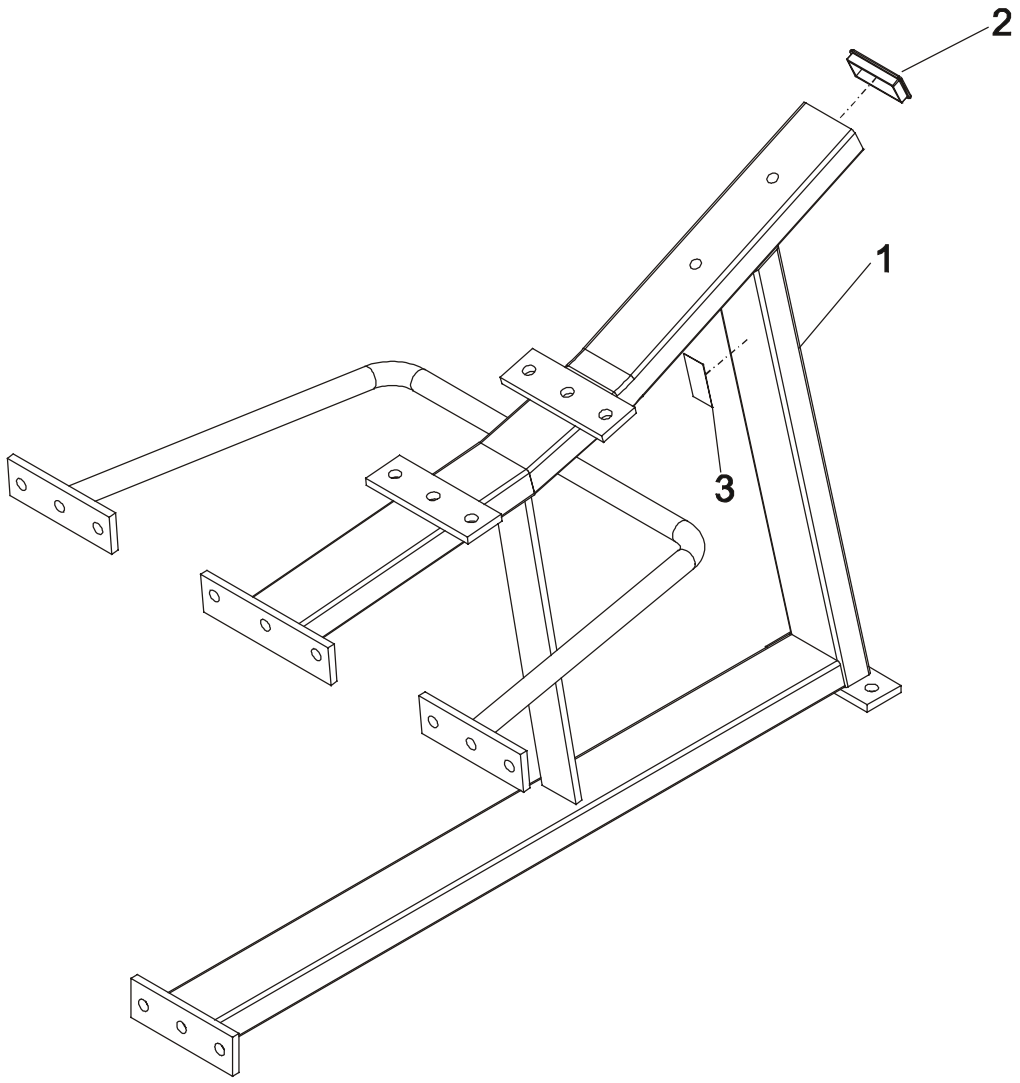
COMPONENT ASSEMBLY



ITEM	QTY	PART NO.	DESCRIPTION
1	1	PLHB-CWB-0	WORKBOX ASSEMBLY
2	1	PLHB-CST-0	Seat Assembly
3	1	PLHB-CMA-0	Movement Arm Assembly
4	16	WASH.5STAR	1/2" Internal Lock Washer
5	8	NUT.5JAMLOCK	1/2" Thin Lock Nut
6	8	HHB.5X3	1/2 X 3 Bolt
7	8	WASH.375SAE	3/8" SAE Flat Washer
8	4	HHB.375X2.5	3/8 X 2 1/2 Bolt
9	4	HHB.375X1.5	3/8 X 1 1/2 Bolt
10	1	U16-11	Standard 16" Pad
11	1	U10-4.5	Pad, 10-4.5
12	1	U13-5	Standard 13" Pad
13	2	URP-1	Roller Pad
14	2	H-LCOLLAR1	3/4" Lock Collar
15	2	U-SBC	PAD, SEAT BELT COVER

PLHB - PLATE LOADED HIP AND GLUTE

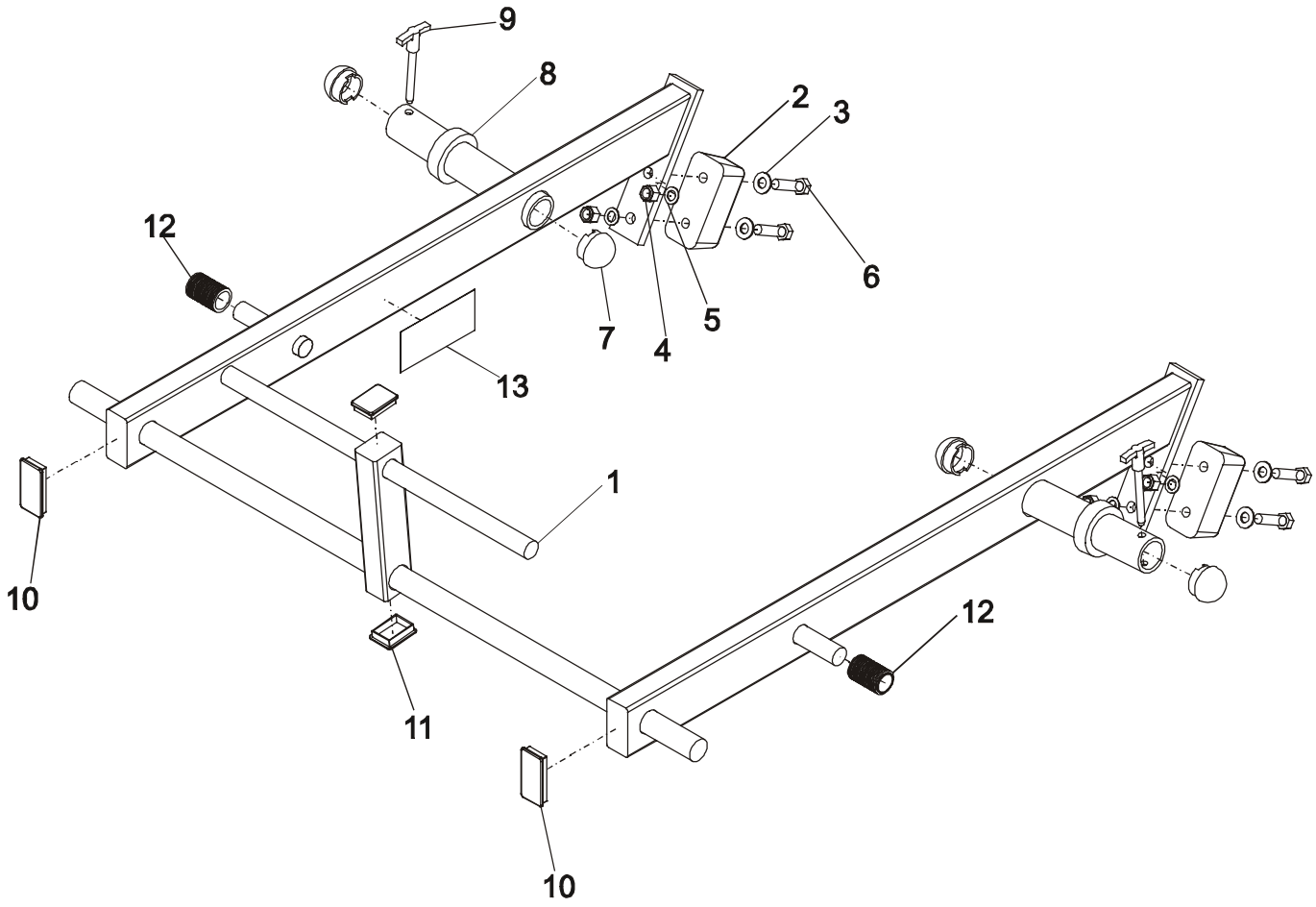
SEAT ASSEMBLY



ITEM	QTY.	PART NO.	DESCRIPTION
1	1	PLHB-ST-0	Seat Assembly
2	1	H-PEND3	1 1/2 X 3 End Cap
3	1	SERIAL NUMBER	Serial Number

PLHB - PLATE LOADED HIP AND GLUTE

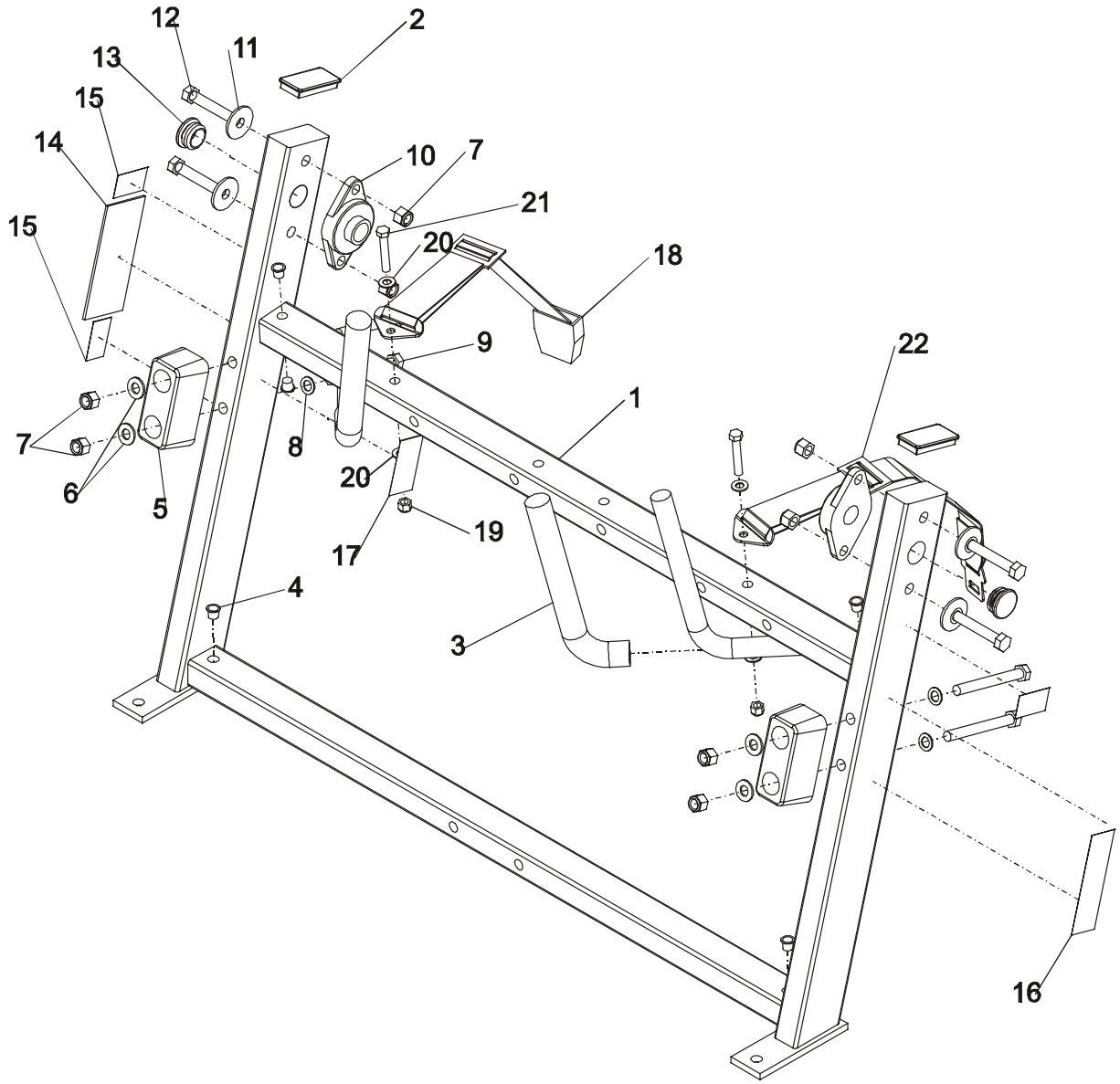
MOVEMENT ARM ASSEMBLY



ITEM	QTY.	PART NO.	DESCRIPTION
1	1	PLHB-MA-0	MOVEMENT ARM WELDMENT
2	2	H-BUMP-MED	MM2 Medium
3	4	WASH.5SAE	1/2" SAE Flat Washer
4	4	NUT.5LOCK	1/2" Thick Lock Nut
5	4	WASH.5STAR	1/2" Internal Lock Washer
6	4	HHB.5X2	1/2 X 2 Bolt
7	4	H-BENDCAP	Bullet Cap
8	2	H-RUBRNG	MM5 Ring
9	2	SELECTOR PIN-4	SELECTOR PIN 4 INCH
10	2	H-PEND3	1 1/2 X 3 End Cap
11	2	H-PEND2	1 1/2 X 2 Endcap
12	2	ACCORDIAN	Shaft Guard
13	1	WARNING LARGE-V	Large Warning Vert.

PLHB - PLATE LOADED HIP AND GLUTE

WORKBOX ASSEMBLY



ITEM	QTY.	PART NO.	DESCRIPTION	ITEM	QTY.	PART NO.	DESCRIPTION
1	1	PLHB-WB-0	WORKBOX WELDMENT	12	4	HHB.5X3	1/2 X 3 Bolt
2	2	H-PEND3	1 1/2 X 3 End Cap	13	2	H-LOCK-PLUG(SMALL)	1 3/16"" Hole Plug
3	2	H-GRIP(PLHB-A00)	HandGrip	14	1	H-NAMEPLATE	Name Plate
4	6	H-HPLUG(SMALL)	9/16" Hole Plug	15	3	STAY CLEAR	Stay Clear Decal
5	2	H-BUMP-MED	MM2 Medium	16	1	HIP & BACK	Product Decal
6	4	WASH.5SAE	1/2" SAE Flat Washer	17	1	PATENT	Patent Decal
7	8	NUT.5LOCK	1/2" Thick Lock Nut	18	1	SEATBELT-LATCH-ASSEM	Seatbelt, Complete
8	4	WASH.5STAR	1/2" Internal Lock Washer	19	2	NUT.375LOCK	3/8" Thick Lock Nut
9	4	HHB.5X4.5	1/2 X 4 1/2 Bolt	20	4	WASH.375SAE	3/8" SAE Flat Washer
10	2	H-BEAR-SML	Small Bearing	21	2	HHB.375X2.25	3/8 X 2 1/4 Bolt
11	4	H-BACK-WASH	Backing Washer	22	1	SEATBELT-INSERT-ASSEM	Seatbelt, Complete

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